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Still Learning...

THROUGH
EXTENSION



PA-1085

EXTENSION SERVICE • U. S. DEPARTMENT OF AGRICULTURE

1085



Cover: Lela Garner, age 88, lives alone and appreciates the Extension aide's visits.

Albert Davis is 89, but he still cuts wood, cooks and lives by himself in his rural home. He knows that when he needs help, an Extension Service aide will be there.

Still Learning...

THROUGH EXTENSION

Learning goes on all through life. Extension educators are helping older Americans find interesting, stimulating ways to continue their education and growth.

Elderly people have special needs for information and assistance. Facing today's higher prices on fixed incomes is a special challenge. About one of every four older Americans lives in a household with income below the poverty level.

Physical and financial problems may make it difficult for the elderly to maintain their homes. Housing is their greatest expense, taking sometimes a third of a retired person's budget.

They may be socially isolated. Physical handicaps, poor health, limited income, lack of adequate transportation, can all contribute to this isolation.

Senior citizens can get help in facing these problems. The Extension Service, in its unique out-of-school educational programs, can give them information to help them meet some of their needs and to keep their minds active and creative.

In one State, senior citizens have had special training meetings on good nutrition and food for fitness. Older men and women in high rise apartment buildings participated in a series of food-buying classes held by Extension.

Mass media is an important method in reaching senior citizens with information they need. In another State, a television series for senior citizens is a cooperative project between the station, the State commission on aging, and the Extension Service. Recent shows featured senior citizens demonstrating crafts such as wood carving, quilting, weaving, and spinning. They also told stories, recited poems, and sang oldtime hymns. Extension agents and specialists gave televised information on consumer problems, nature, and health.

In some States, Extension educators provide special newsletters for the aging, set up exhibits in shopping malls to reach them, and train volunteer leaders who teach the elderly. Extension also helps groups of senior citizens organize and plan educational programs to suit their needs.

More than 20 million Americans are senior citizens. Their well-being is important to the Nation. Extension involves them in program planning. Extension uses every teaching method to serve our older Americans with factual, practical information that can help them lead better and more enjoyable lives.

College can be fun for senior citizens. These students are attending one State's "College Week for Senior Citizens."



As an Extension volunteer leader, this homemaker learned the art of macramé and now teaches it to others.





Extension aides helped this homemaker leave this home . . .



and, with an FHA loan, build this home.



A church provides the kitchen and fellowship hall for this senior citizen group feeding project. Extension helped to initiate the program and now assists with planning and supervision.



Through telephone circles organized by Extension with volunteer help, senior citizens in many communities call each other every morning. "It's wonderful to know that if I can't answer the telephone some morning, someone will be checking on me," says this woman whose closest relative lives 150 miles away.

In one State's health screening clinic, tests identified problem conditions not previously detected, for 75 of the 442 retirees who went through. Nine clinics were sponsored by the local health department and Extension.



This retiree is a home repair aide in a Senior Service Corps, administered by Extension under a contract with the National Council on Aging. The Corps employs 70 senior citizens in a variety of jobs.



Growing roses is an interesting retirement hobby for this couple. Extension provided much of the information for turning their backyard into a rose garden. Now they hold demonstrations and tours for Extension and other groups, and serve as judges at flower exhibitions all over the State. Their shared hobby provides many social contacts and keeps them busy all year long.



This senior citizen (left) made her quilt in an Extension club. She shows her handiwork to an Extension home economist.

Senior citizens sign up for membership in a "Friendship Center," their new community meeting place. A county Extension home economist played an important part in establishing the center for a senior citizens' group.





An Extension aide helps this homemaker to understand a letter about medical benefits.



A highrise apartment resident listens intently as an Extension home economist teaches a class on food buying.



The "Singing Senior Sisters" open and close each program in a TV series called "Living," co-sponsored by Extension.



Meals are transported to elderly people who can't prepare their own in some counties. Extension homemaker club members prepare and transport the food.



A home economist, left, discusses meeting plans with two officers of local senior citizens group. She sends newsletters to senior citizens regularly.

Your local Extension office is as close as your telephone—it's probably listed under your county government. Offices are usually located in the courthouse, postoffice, or other government building in your county seat town.

For more information on programs for the elderly in your State, contact the Extension State leader at the Land-grant university listed below.

- ALABAMA—Auburn University, Auburn 36830
- ALASKA—University of Alaska, College 99701
- ARIZONA—University of Arizona, Tucson 85721
- ARKANSAS—University of Arkansas, Little Rock 72203
- CALIFORNIA—University of California, 2200 University Avenue, Berkeley 94720
- COLORADO—Colorado State University, Fort Collins 80521
- CONNECTICUT—University of Connecticut, Storrs 06268
- DELAWARE—University of Delaware, Newark 19711
- DISTRICT OF COLUMBIA—Federal City College and Washington Technical Institute, 1424 K Street, NW, Washington 20005
- FLORIDA—University of Florida, Gainesville 32601
- GEORGIA—University of Georgia, Athens 30601
- GUAM—Guam Extension Office, Department of Agriculture, Government of Guam, Agana 96910
- HAWAII—University of Hawaii, Honolulu 96822
- IDAHO—University of Idaho, Moscow 83843

ILLINOIS—University of Illinois, Urbana 61801
INDIANA—Purdue University, Lafayette 47907
IOWA—Iowa State University, Ames 50010
KANSAS—Kansas State University, Manhattan 66502
KENTUCKY—University of Kentucky, Lexington 40506
LOUISIANA—Louisiana State University, Baton Rouge 70803
MAINE—University of Maine, Orono 04473
MARYLAND—University of Maryland, College Park 20742
MASSACHUSETTS—University of Massachusetts, Amherst 01002
MICHIGAN—Michigan State University, East Lansing 48823
MINNESOTA—University of Minnesota, St. Paul 55101
MISSISSIPPI—Mississippi State University, Mississippi State 39762
MISSOURI—University of Missouri, Columbia 65201
MONTANA—Montana State University, Bozeman 59715
NEBRASKA—University of Nebraska, Lincoln 68503
NEVADA—University of Nevada, Reno 89507
NEW HAMPSHIRE—University of New Hampshire, Durham 03824
NEW JERSEY—Rutgers—The State University, New Brunswick 08903
NEW MEXICO—New Mexico State University, Las Cruces 88001
NEW YORK—Cornell University, Ithaca 14850
NORTH CAROLINA—North Carolina State University, Raleigh 27607

NORTH DAKOTA—North Dakota State University, Fargo 58102
OHIO—Ohio State University, Columbus 43210
OKLAHOMA—Oklahoma State University, Stillwater 74074
OREGON—Oregon State University, Corvallis 97331
PENNSYLVANIA—The Pennsylvania State University, University Park 16802
PUERTO RICO—University of Puerto Rico, Rio Piedras 00928
RHODE ISLAND—University of Rhode Island, Kingston 02881
SOUTH CAROLINA—Clemson University, Clemson 29631
SOUTH DAKOTA—South Dakota State University, Brookings 57006
TENNESSEE—University of Tennessee, Knoxville 37901
TEXAS—Texas A & M University, College Station 77843
UTAH—Utah State University, Logan 84321
VERMONT—University of Vermont, Burlington 05401
VIRGINIA—Virginia Polytechnic Institute, Blacksburg 24061
VIRGIN ISLANDS—P.O. Box 166, Kingshill, St. Croix 00850
WASHINGTON—Washington State University, Pullman 99163
WEST VIRGINIA—West Virginia University, Morgantown 26506
WISCONSIN—University of Wisconsin, Madison 53706
WYOMING—University of Wyoming, Laramie 82070

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